



THE CENTER POST

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COVID-19 VACCINE

Are you pre-registered for the vaccine on Montgomery County's website?

If you need help, please call 240.777.2982 to register, or call the BGC staff and we will help you get pre-registered.

VIRTUAL PROGRAMS

Did you know that you can call in from your telephone to participate in our Virtual Groups? Besides the Social Symposium and the BGC Social Hour, we also offer Coping with Change, Brain Games, Improving Communication, and Dealing with Stress and Anxiety During the Pandemic.

Call the BGC at 301.258.6380 to get the telephone passwords to participate.

THURSDAY, MAR 11 AT 2 PM

BOOK CLUB

Join Marisa Young as she leads a thoughtful discussion about the book of the month. The group will meet the second Thursday of the month at 2 p.m. via Zoom or call in.

March's Book:

"The Pioneers" by David McCullough

April's Book:

"Two Kinds of Truth" by Michael Connelly

TUESDAYS & FRIDAYS AT 1 PM

SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 p.m.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week. The links are e-mailed out every week, or you can call in and participate on your phone.

MARCH 2021

FRIDAYS AT 2:30 PM

MOVIE WATCH PARTY

Join the BGC staff virtually for a movie each Friday that is hand selected by Robert.

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SENIOR ADVISORY COMMITTEE

Are you aware that there is a Gaithersburg Senior Advisory Committee? This group of volunteers, appointed by the Mayor, provides input and guidance on senior matters to the Mayor and City Council.

As part of its mission, the SAC advocates for and supports programs, services, activities, and legislation important to Gaithersburg residents 55 and older. It has long been advocating for a new free standing Senior Center.

The Senior Advisory Committee, which meets monthly, currently consists of: Chair Carolyn Bass, Vice-Chair Marlene Shemelynec, Jean Dinwiddie, Mary Hoferek, Evangeline Kirigua, and Yvette Monroe.

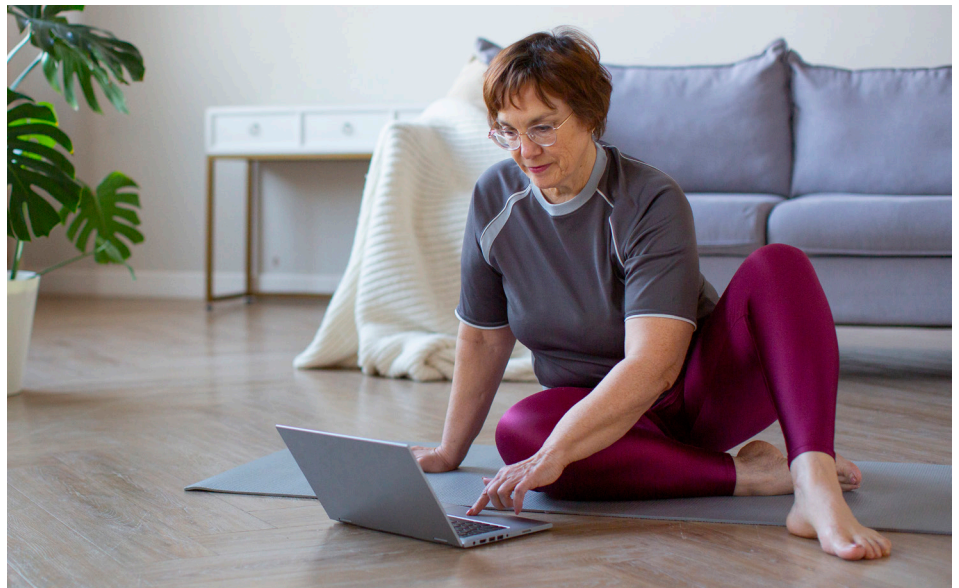
If you are interested in attending a meeting or serving on this important committee, please contact Tim "Smitty" Smith.

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WEDNESDAY, MAR 17

MOBILE DENTIST

The Mobile Dentist is accepting appointments for those who do not have dental insurance and are low income. Please schedule your appointment with Jerry by email at Jerry.Gagliano@Gaithersburgmd.gov or by calling 301.258.6380 and leaving a message. The Mobile Dental vans will be located at Bohrer Park, 506 S. Frederick Ave., Gaithersburg, 20877 on March 17.



MONDAY - FRIDAY, MAR 1 – APR 2

VIRTUAL EXERCISE CLASSES

Take one class or take them all!

Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price, plus you can make reservations for Water Walking at the Gaithersburg Aquatic Center.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

• ONE YEAR UPDATES •

DOROTHY KUZMINSKI celebrated her 90th birthday on July 23 with a small family barbeque.

DIANNE SANDLER wrote and published a children's book, "Will Ben Miss Me, Too?"

Best Wishes to all the members from **GIL GUSS**.

THE CROCHET GROUP has 16 people actively making baby blankets for the Christ Child Society. They made 320 blankets in 2020, 260 during the pandemic!

YVETTE MONROE – I am happy to report my daughter had her second child; a girl, Luna in June of 2020. She is healthy and happy and is now 8 months old! With this newest granddaughter, it brings the total of grandchildren to 9!

YOLAND'S HUSBAND retired, her son graduated with a Bachelor of Science in Engineering from the University of Maryland and her daughter is returning from deployment in Okinawa, Japan.

SMITTY – Hey folks! I gained a daughter in-law in June when my oldest son got married in a small wedding and my other daughter in-law is now expecting my second grandchild in May. I did lose two siblings to non-COVID causes in 2020 and COVID restrictions didn't allow the family to gather like we normally would have. I can't tell you how much the BGC staff misses seeing you, but "We'll meet again, don't know where, don't know when, but I know we'll meet again some sunny day."

MARLENE SHEMELYNEC – I cleaned up my two condo balconies so I could enjoy them more during the pandemic. I bought new furniture, new flowers and planted an herb garden, which had been on my "bucket list" for a while. Anxious for warmer weather so I can add more herbs this year.

JEAN DINWIDDIE – I was very happy that technology allowed me to continue with most of my community involvement, e.g. the Gaithersburg Senior Advisory Committee and the Montgomery County Commission on Aging. I belong to an HIV and Aging Advocacy Group out of Johns Hopkins, and having Zoom meetings was particularly welcome. The commute to my office is much easier than the commute to Baltimore! On a family note, FaceTime has been wonderful and I've introduced

my grandchildren to the joys of snail mail. I send each of them a little note in the mail every few weeks. They love getting letters addressed just to them.

NANCY & TOM PALKER – In November our son's two Chihuahuas joined our rescue menagerie for a few months as the family is reshuffling. Our days are fuller now, choreographing traffic with doors and gates to keep Sedona ("Donut") & Washington ("Washie") from chasing our elderly cat Moe, diapering Washie, and wrestling the little dogs into their coats for winter dog walks with our Cindy ("Cinderella"). Cindy loves her expanded pack and the dogsled team. I'm still painting a bit and doing Zoom yoga, Tom plays guitar, we watch the birds and play tennis when the weather allows. We're looking forward to getting our vaccinations and expanding our world again. Meanwhile, we are so grateful for our cozy cocoon.

CAROLYN BASS – I am grateful for the many people who have kept in touch and who have been most helpful. Phone calls from the Center, Olympia in particular, have been appreciated. As difficult as the pandemic has been, we have also embraced it as a time to learn new things. Virtual interaction with family, friends, book clubs, committees, church groups, and more have seen us through and prevented what could have led to social isolation. I have learned to enjoy ordering our groceries online!

Maybe most of all, we are enjoying our daughter returning to live at home! I hope to see you soon at an exercise class, at a Senior Advisory Committee meeting, and hopefully later this year in person!

VIRGINIA CAMERON assists her 6-year-old grandson daily with his virtual kindergarten classes and homework.

PAT CALLEJA celebrated (at home, very quietly) her 75th birthday on January 21 and her 53rd wedding anniversary with her husband Allan on January 27.

JANE HOWARD has been staying safe.

CHARLYN SIMPSON – Scarlett and I have been exploring parks around the state. We have discovered so many beautiful places that we can't wait to visit again.

DIANE WHITE – I have regularly attended several weekly exercise classes plus I attend as many of the other get-togethers (i.e. Social Symposium, Brain Games, Virtual Tours, the BGC Social) via Zoom. The staff and members whom I have met have been very welcoming, friendly, and inclusive. I have thoroughly enjoyed all the activities in which I have participated via Zoom.

OLYMPIA KOZIELSKI - I learned to ride a bike as a child. I stopped for 30+years. During the pandemic, I re-discovered the joy of riding my bike alongside my husband Tom on the C&O canal averaging, 19 miles roundtrip. We start at Point of Rocks and turn around at the New Brunswick Campground. The best part of riding is the long freight trains that pass as they thunder by the trail.

BONNIE AND LARRY FIELDS have moved to Rockville. Larry says “hi” to all of his poker buddies.

BELINDA ADAMS moved to Leisure World.

FREAN BEATTY moved to the Aspen Woods Community.

JEAN BIRMINGHAM moved to Stafford County, NJ.

DOROTHY BROWN moved to Leisure World.

SANDY SOLOMON moved to the Hebrew Home in Rockville.

DORA DUVALL moved to Kentlands Manor.

PAM MORRIS moved to Kentlands Manor.

ELLEN ERDELSKY moved to Colorado.

ANAND AND SHEILA GOEL moved to Virginia.

ELAINE HOWORTH moved to Florida.

SHIRLEY JOSEPH moved to Baltimore.

KAREN MASON moved to Asbury.

SOPHIA LOPEZ moved to Washington, DC.

GAIL OWENS moved to Montgomery Village.

SARAH POPE moved to Elkton, MD.

ALBINA RUKHIN moved to Asbury.

ANTONIETTA SLAUGHTERBECK moved to Martinsburg, WV.

SYMPATHIES are extended to the friends and families of:

- Otello Bettini
- Tony Desiderio
- Edgar Solis
- Evelyn Metropolski
- Emily Barnes
- Alise Stewart - The Oaks
- Elizabeth Astudillo
- Gaudio Dellecese
- Mario LaFaye
- Eloise Johnson
- Jim Wilberding
- Sang Ohr
- Jane Adams
- Pat Fox

Make sure to check **www.gaithersburgmd.gov** often to stay up to date on the latest offerings. If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, as always reach out to us at the **BGC – 301.258.6380** or **BenjaminGaitherCenter@gaithersburgmd.gov**

We check messages and e-mails daily.

